

Receipts, &c.

SUMMER BEVERAGES.

LEMONADES.—Lemons furnish two important products for the formation of beverages, an acid juice, and an aromatic stomachic oil, contained in the rind. Lemon-juice is a slightly turbid, very sour liquid, having a pleasant flavor when diluted. It contains a considerable quantity of gummy mucilage, which causes it to become mouldy on exposure to the air. It is capable of furnishing a large number of acidulated drinks, which are exceedingly useful in allaying thirst, and are most valuable for their anti-scorbutic properties.

In making any kind of lemonade, the proportions given need not be adhered to, but the quantities ordered may be increased or lessened to suit the taste.

For a quart of lemonade, take six lemons and a quarter of a pound of sugar; rub off part of the yellow rind of the lemons on to the sugar, squeeze the juice on to the latter, and pour on the water boiling hot; mix the whole, and run through a flannel jelly-bag.

Lemons are not always to be procured, especially on a journey, and we have, therefore, much pleasure in drawing attention to the following useful directions for making portable lemonade:—

Excellent Portable Lemonade.—Rasp with a quarter of a pound of sugar, the rind of a fine juicy lemon; reduce the sugar to powder, and pour on it the strained juice of the fruit; press the mixture into a jar, and when wanted for use dissolve a table-spoonful of it in a glass of water; it will keep a considerable time. If too sweet for the taste of the drinker, a very small portion of citric acid may be added when it is taken.

Mock Lemonade.—A cheap substitute for lemonade may be made as follows: Tartaric acid, a quarter of an ounce; sugar, six ounces; essence of lemon, dropped on the sugar, about four or five drops; boiling water, two pints. This, allowed to stand till cold, makes a wholesome, cooling, summer beverage, economical in its cost, but the flavor is not equal to that prepared from lemon-juice.

Another Mock Lemonade.—A mock lemonade of superior flavor may be made by using the acid prepared from lemons, citric acid, according to the following receipt: Citric acid, a quarter of an ounce; essence of lemon, ten to twenty drops; syrup, half a pint; boiling water, as much as may be required. This preparation is expensive, and is not equal to lemonade from fresh lemons, which should always be preferred when they can be obtained.

Plain Orangeade.—Orangeade should be made in precisely a similar manner to lemonade, using oranges instead of lemons; but as there is less acid in this fruit, a much larger proportion of juice is required, and, however prepared, this beverage is rather insipid, and is inferior to the following:—

Orange Lemonade.—Take three oranges, one large lemon, and two or three ounces of sugar; rub off some of the peel on to the sugar, squeeze on the juice, and pour on two pints of boiling water; mix the whole and strain.

Imperial.—May be regarded as a sort of mock lemonade; it forms a cheap, wholesome, cooling summer beverage. Two receipts are added, the first being the better of the two: No. 1. Cream of tartar, half an ounce; one lemon cut in slices; white sugar, half a pound; spring water, three pints. Mix, and allow them to stand for an hour or two before use,

as the cream of tartar dissolves but slowly. No. 2. Cream of tartar, a quarter of an ounce; lemon-peel and sugar to suit the taste; boiling water, two pints. Mix, and allow to stand until cold.

Lemonade à la Soyer.—Put a quart of water in a stewpan to boil, into which put two moist dried figs, each split in two; let it boil a quarter of an hour, then have ready the peel of a lemon, taken off rather thickly, and the half of the lemon cut in thin slices; throw them into the stewpan, and boil two minutes longer, then pour it into a jug, which cover closely with paper until cold, then pass it through a sieve, add a teaspoonful of honey, and it is ready for use.

Orangeade à la Soyer.—Proceed as for lemonade, but using the whole of the orange, a little of the peel included, sweetening with sugar-candy, and adding a teaspoonful of arrowroot, mixed with a little cold water, which pour into the boiling liquid at the same time you put in the orange. The arrowroot makes it very delicate.

Superior Lemonade à la Soyer.—Take the peel of six lemons, free from pith, cut it up in small pieces, and put it with two cloves into a bottle containing half a pint of hot water, place the bottle in a stewpan with boiling water, and let it stand by the side of a fire for one or two hours, taking care it does not boil; then take half a pint of lemon-juice, half a pint of syrup, if none, use plain syrup, or sugar, in like proportion, adding a few drops of orange-flower water; add the infusion of the rind, which has been previously made, and allowed to become cold, stir well together, and add two quarts of cold water.

Barley Lemonade.—Put a quarter of a pound of sugar into a small stewpan, with half a pint of water, which boil about ten minutes, or until forming a thickish syrup; then add the rind of a fresh lemon and the pulp of two; let it boil two minutes longer, when add two quarts of barley-water, made without sugar and lemon; boil five minutes longer, pass it through a hair sieve into a jug, which cover with paper, making a hole in the centre to let the heat through; when cold it is ready for use; if put cold into a bottle, and well corked down, it would keep good several days.

Barley Orangeade.—Barley orangeade is made in the same manner, substituting the rind and juice of oranges; the juice of a lemon, in addition, is an improvement.

MISCELLANEOUS COOKING.

Veal Cutlets with Sweet Herbs.—Chop all sorts of sweet herbs, mushrooms, onions, pepper and salt, with a spoonful of butter; dip the cutlets in this, and reduce the sauce to make it stick; do them over with egg and bread-crums, and set them in the oven to bake; then add a glass of white wine to the sauce, skim it well, and when the cutlets are done lay them on a dish, and send them to table with the sauce poured over.

To Pickle Herrings.—Wash fifty herrings well, and cut off their heads, tails and fins. Put the fish into a stewpan, with three ounces of ground allspice, one tablespoonful of coarse salt, and a little Cayenne. Lay the fish in layers and strew the spice equally over it, with a few bay leaves and anchovies interspersed. Pour over the whole a pint of vinegar mixed with a little water. Tie a bladder over the stewpan and bake in a slow oven. Skim off the oil, and with a little of the liquor boil about half a pint of claret or port wine. The fish should be baked so slowly and so thoroughly that when cooked the bones should not be perceptible.

A Savory Lamb Pie.—Cut the meat into pieces,